James Allen was a British philosophical writer known for his inspirational books and poetry and as a pioneer of the self-help movement. Allen wrote about complex subjects such as faith, destiny, love, patience, and religion but had the unique ability of explaining these subjects clearly and in a way that is easy to understand.

His best known work, *As a Man Thinketh*, has been mass-produced since its publication in 1903. *Morning and Evening Thoughts* was published in 1909 and provides a thought for each morning and evening of the day for a month. This book, compiled by his wife, Lily Allen, draws on quotes and sayings from Allen’s other works.

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